

ADULT CARE CENTER OF ROANOKE VALLEY

2321 Roanoke Boulevard, Salem, VA 24153

Phone: 540-981-2350 Fax: 540-981-2353

BREAKFAST AND AFTERNOON SNACK MENUS

MARCH 2020

Cereal, milk, whole wheat toast is available as substitutes for AM Breakfast

Serving with every meal: 100 percent juices: Orange, Grape, Apple

Drinks: Skim Milk, Coffee and

Whole Grain Bread

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
Closed	2 AM: Assorted Juices, Waffles WGB PM: Gold Fish crackers WGB	3 AM: Assorted Juices, Fried Apples WGB PM: Chicken Salad w/crackers WGB	4 AM: Assorted juices, French Toast WGB PM: Peanut Butter & Jelly Sandwich WGB	5 AM: Assorted Juices, Hard boiled eggs WGB PM: Chicken Nuggets WGB	6 AM: Assorted juices, Cheerios w/milk WGB PM: Cheese crackers WGB
7 & 8 Closed	9 AM: Assorted Juices, Biscuits w/sausage gravy WGB PM: Turkey & Cheese sandwich WGB	10 AM: Assorted juices, Cheerios w/milk WGB PM: Fish Sticks WGB	11 AM: Assorted juices, Scrambled eggs w/toast WGB PM: Vienna Sausage w/crackers WGB	12 AM: Assorted juices, Waffles WGB PM: Blueberry muffins WGB	13 AM: Assorted juices, Toast WGB PM: Gold fish crackers WGB
14 & 15 Closed	16 AM: Assorted Juices, Hard boiled eggs WGB PM: Tuna Salad w/crackers WGB	17 AM: Assorted juices, Pancakes WGB PM: Chicken nuggets WGB	18 AM: Assorted juices, Jelly toast WGB PM: Turkey & cheese sandwich WGB	19 AM: Assorted juices, Cheerios with milk WGB PM: Chicken noodle soup w/crackers WGB	20 AM: Assorted Juices, Fried Apples WGB PM: Gold Fish crackers WGB

<p>21 & 22 Closed</p>	<p>23 AM: Assorted juices, Cheerios w/milk WGB</p> <p>PM: Peanut Butter Sandwich WGB</p>	<p>24 AM: Assorted juices, Biscuits w/sausage gravy WGB</p> <p>PM: Cheese crackers WGB</p>	<p>25 AM: Assorted juices, Scrambled eggs w/toast WGB</p> <p>PM: Meatballs WGB</p>	<p>26 AM: Assorted Juices, Waffles WGB</p> <p>PM: Spinach dip w/crackers WGB</p>	<p>27 AM: Assorted juices, French toast WGB</p> <p>PM: Tomato soup w/crackers WGB</p>
<p>28 & 29 Closed</p>	<p>30 AM: Assorted juices, Waffles WGB</p> <p>PM: Chicken salad w/crackers WGB</p>	<p>31 AM: Assorted juices, Cheerios w/milk</p> <p>PM: Gold fish crackers WGB</p>			